

# FAST FOOD NUTRITION

## Activity Overview

These days, you can't open the newspaper or watch the evening news without being reminded of how out of control America's obesity problem has become. One section of our country's food source that has come under tremendous attack is the fast food industry. Fast food giants, such as McDonalds®, have been criticized for making Americans fat. Lawsuits have even been filed suggesting that if it wasn't for the amazing marketing done by fast food restaurants, our children would be healthier and more physically fit. To combat these attacks, fast food corporations have made nutrition information on their products more readily available. Consumers now have an easier time informing themselves about what they are actually digesting when they indulge in fast food.

The following activity illustrates how spreadsheets can be used to list the nutritional content of popular McDonalds® fast food items.

*In this activity, you will practice how to:*

*1. Format text direction*

## Instructions

1. Create a NEW spreadsheet.  
  
Note: Unless otherwise stated, the font should be set to Arial, the font size to 10 point.
2. Type the data as shown.
3. Bold row 3.
4. Bold cell A1 and change the font size to 20 point.
5. Format the width of column A to 34.0 and left align.
6. Format the width of columns B - M to 13.0 and as numbers displaying 0 decimal places.
7. Format the headings in columns B - M so the text orientation is set to 45 degrees.
8. Select cells A4 - M17 and sort them alphabetically in ascending order by the "Menu Item" column.
9. Insert a header that shows:

- a. Left Section Activity 18-Student Name
  - b. Center Section FAST FOOD NUTRITION
  - c. Right Section Current Date
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10. Insert a footer that shows
    - a. Center Section PAGE number
  11. Carefully proofread your work for accuracy.
  12. Save the spreadsheet as FAST FOOD NUTRITION.
  13. Analyze the changes made to the data in the spreadsheet.
  14. Set the Print Area to include all cells containing data in the spreadsheet.
  15. Print Preview and adjust the Page Setup so that the spreadsheet fits on one page. Set the page orientation to landscape.
  16. Print a copy of the spreadsheet if required by your instructor.

	A	B	C	D	E	F		H	I	J	K	L	M
1	McDonald's Nutrition Information												
2													
3	Menu Item	calories	calories from fat	total fat (g)	% daily value	sat fat (g)	trans fat (g)	cholesterol	sodium	carbs	fiber	sugar	protein
4	hamburger	260	80	9	14	3.5	0.5	30	530	33	1	7	13
5	cheeseburger	310	110	12	19	6	1	40	740	35	1	7	15
6	quarter pounder	420	160	18	27	7	1	70	730	40	3	8	24
7	big mac	560	270	30	47	10	1.5	80	1010	47	3	8	25
8	Mc chicken	370	140	16	24	3.5	1	50	810	41	1	5	15
9	small french fries	250	120	13	20	2.5	3.5	0	140	30	3	0	2
10	large french fries	570	270	30	47	6	8	0	330	70	7	0	6
11	chicken nuggets 10 piece	420	220	24	37	5	2.5	60	1120	26	0	0	25
12	caesar salad with grilled chicken	220	60	6	10	3	0	75	890	12	3	13	5
13	newmans own creamy caesar dressing	190	170	18	28	3.5	0	20	500	4	0	2	2
14	egg mc muffin	300	110	12	18	4.5	0	230	860	30	2	2	17
15	hash browns	140	70	8	13	1.5	2	0	290	15	2	0	1
16	hot fudge sundae	330	80	9	14	6	0	25	170	55	1	48	8
17	baked apple pie	250!	100	AV	18	3	15	0	150	341	2	13	2